

Additional Snack Break Options



Low Preparation Healthy Snacks

(Just open the package and serve...)

Sweet Snacks

- ◆ Gingersnaps
- ◆ Dry whole-wheat or oat breakfast cereal
- ◆ Fig bars
- ◆ Sugar-free fruit gelatin cups
- ◆ Low-fat or fat-free pudding cups
- ◆ Applesauce cups
- ◆ Low-fat granola bars
- ◆ Grapes
- ◆ Nectarines
- ◆ Oranges
- ◆ Clementines
- ◆ Tangerines
- ◆ Blueberries
- ◆ Strawberries
- ◆ Raspberries
- ◆ Blackberries

Salty Snacks

- ◆ Whole-wheat pita bread
- ◆ Sesame breadsticks
- ◆ Sunflower seeds
- ◆ Pumpkin seeds
- ◆ Bagel chips
- ◆ Baked potato chips

Drinks

- ◆ 100-percent fruit juice
- ◆ Seltzer
- ◆ Water
- ◆ Fat-free or low-fat milk (chocolate or flavored, too)

Frozen Snacks

- ◆ 100-percent fruit bars
- ◆ Low-fat fudge pops

Vegetable Snacks (wash or peel as necessary)

- ◆ Celery sticks
- ◆ Carrot sticks or baby carrots
- ◆ Cherry or grape tomatoes
- ◆ Broccoli
- ◆ Cauliflower
- ◆ Baby corn
- ◆ Red or green bell peppers
- ◆ Cucumbers
- ◆ Jicama
- ◆ Asparagus
- ◆ Snow peas
- ◆ Snap peas
- ◆ Edamame (soy beans)
- ◆ Zucchini

Milk Product Snacks

- ◆ Part-skim string cheese
- ◆ Fat-free or low-fat yogurt
- ◆ Low-fat or reduced-fat cottage cheese
- ◆ Reduced-fat cheese slices
- ◆ Low-fat rice pudding

Fruit Snacks (wash or peel as necessary)

- ◆ Dried fruit (such as figs, raisins, prunes, dates, cranberries, apricots, cherries, strawberries, mangoes, or pineapples)
- ◆ Bananas
- ◆ Apples
- ◆ Pears
- ◆ Peaches
- ◆ Plums

One or More Steps to Easy and Healthy Snacks

Chip/Dip Snacks

- ◆ Low-fat or reduced-fat cheese slices on whole-wheat pita bread
- ◆ Baked tortilla chips and salsa
- ◆ Baked tortilla chips and fat-free refried beans
- ◆ Hummus with pita chips
- ◆ Whole-wheat pita bread with fat-free or low-fat cottage cheese and fresh or dried strawberries on top

Snack Starters

Spread peanut butter, low-fat or reduced-fat cream cheese, or Neufchatel cheese on any of the following and top with sliced fruit and/or raisins:

- ◆ Matzo(h)
- ◆ Tortilla
- ◆ Rice cake
- ◆ English muffin
- ◆ Whole-wheat bread
- ◆ Celery

Bowl Treats

- ◆ Oatmeal cooked in the microwave or on the stovetop
- ◆ Cereal with fat-free or low-fat milk (add cut-up fruit such as bananas or peaches)
- ◆ Plain fat-free or low-fat yogurt with fresh, frozen, or canned fruit on top and a dash of cinnamon or some low-fat granola
- ◆ Applesauce with cinnamon, nutmeg, and dried fruit
- ◆ Sugar-free, fruit-flavored gelatin with small chunks of fruit added

Share these sandwiches with a friend for a snack-size portion

Spread the following on a tortilla and roll it up to eat, or use these fillings to stuff a pita pocket:

- ◆ Low-fat or reduced-fat cream cheese or Neufchatel cheese and thinly sliced vegetables
- ◆ Salad with fat-free or low-fat dressing
- ◆ Low-fat or reduced-fat cheese (melt in a toaster oven or microwave)
- ◆ Tuna, egg, or chicken salad made with low-fat mayonnaise
- ◆ Sloppy Joe filling or chili
- ◆ Burrito: Cooked black or pinto beans, chopped tomato, and reduced-fat cheese

Other sandwiches to share

- ◆ Spread hummus on one-half of a bagel. Top with sliced tomato and sprinkle with ground black pepper.
- ◆ Cut off the crust from a slice of whole-wheat bread. Flatten the bread with a rolling pin. Spread with your favorite filling (try low-fat or reduced-fat cream cheese or Neufchatel cheese with chopped parsley and bits of deli meat) and roll up the bread.

Fruit Snacks (prepare as necessary)

- ◆ Cantaloupe
- ◆ Honeydew
- ◆ Watermelon
- ◆ Papaya
- ◆ Lychee
- ◆ Mango (sprinkle some hot sauce on top for a spicy treat)
- ◆ Guava
- ◆ Star fruit
- ◆ Passion fruit
- ◆ Pomegranate
- ◆ Grapefruit

SNACK BREAK OPTIONS

Frozen Fruit Treats

- ◆ Wash and dry grapes or blueberries, put them in a plastic bag and place the bag in the freezer for five hours or longer. Eat them straight from the freezer or drop them into fat-free or low-fat yogurt.
- ◆ Line a plate with plastic wrap or wax paper. Slice a banana and lay the slices out in a single layer. Cover tightly with plastic wrap and freeze.
- ◆ Place portable fat-free or low-fat yogurt “tubes” in the freezer. They make an ice-cream-like treat.
- ◆ Pour 100-percent fruit juice with small chunks of fruit (pineapple or berries work well) into ice-cube trays or small paper cups. When half frozen, insert a popsicle stick or toothpick into each; put back into the freezer until completely frozen.

Other Easy Treats

- ◆ Wrap a slice of fat-free or reduced-fat cheese around a crunchy pickle.
- ◆ Cut a banana into slices. Coat slices with honey and then with wheat germ or low-fat granola.
- ◆ Dip pretzels into melted fat-free or reduced-fat nacho cheese.
- ◆ Sprinkle chopped walnuts onto canned or fresh pears.
- ◆ Mash hard-boiled eggs with pepper and mustard.
- ◆ Air-popped popcorn

If you have the equipment at your location or the parents/guardians of the youth in your program want to include some healthy recipes for home, here are some simple snacks for youth.

Melted Cheese Quesadilla (makes 2 servings)

What you need:

- ◆ 2 tortillas (small)
- ◆ 2–3 slices of fat-free or reduced-fat shredded cheese (American, cheddar, or Swiss)
- ◆ Salsa (optional)

Supplies:

- ◆ Toaster oven (not a regular toaster)
- ◆ Aluminum foil
- ◆ Oven mitts

Directions

1. Place one tortilla on a piece of aluminum foil in a cold toaster oven.
2. Place the cheese on top. Cover with the other tortilla.
3. Toast in the toaster oven—make sure to watch the tortillas so they don't burn.
4. After the cheese melts, let the quesadilla cool slightly before removing it from the toaster oven with the oven mitts.
5. Cut into triangles.
6. Dip into salsa (optional).

Vegetable Pizza (makes 2 servings)

What you need:

- ◆ 2 pieces whole-wheat mini pita bread or 1 whole-wheat English muffin (split)
- ◆ ¼ cup assorted fresh or frozen vegetables (such as chopped or sliced carrots, broccoli, cauliflower, red pepper, sliced mushrooms, sliced tomato)
- ◆ 4 tablespoons tomato or pasta sauce
- ◆ ⅛ cup shredded part-skim mozzarella cheese

Supplies:

- ◆ Toaster oven
- ◆ Small skillet
- ◆ Non-stick cooking spray
- ◆ Measuring cup
- ◆ Oven mitts
- ◆ Knife

Directions

1. Pre-heat oven to 400 degrees.
2. Coat small skillet with cooking spray. Heat over medium heat. Wash, cut, and add the vegetables; stir and cook until tender-crisp.
3. Spread 2 tablespoons of tomato or pasta sauce onto each pita bread or English muffin half; spoon on cooked vegetables and spread the cheese on top. Bake in the toaster oven for 8–10 minutes or until the cheese melts. Remove with oven mitts.

SNACK BREAK OPTIONS

Spinach Pizza Bagel (makes 6 servings)

What you need:

- ◆ 1 (10-ounce) package frozen, chopped spinach
- ◆ 3 (small) plain, onion, or garlic bagels
- ◆ 1 cup shredded part-skim mozzarella cheese

Supplies:

- ◆ Microwave
- ◆ Small bowl
- ◆ Cutting board and knife (if bagels are not pre-sliced)
- ◆ Large, microwave-safe plate
- ◆ Oven mitts
- ◆ Knife, fork

Directions

1. Thaw spinach according to the directions on the package.
2. Squeeze all the liquid from the spinach into the sink. Put the spinach into a small bowl.
3. Using the cutting board and knife, slice the bagels into 6 halves.
4. Place the bagels, flat sides up, on a microwave-safe plate.
5. Spread the spinach on the bagels.
6. Sprinkle the cheese over the spinach.
7. Microwave the bagels on high for 1 ½ to 2 minutes, or until the cheese melts.
8. Use the oven mitts to remove the plate from the microwave.

Broccoli and Cheese (makes 4 servings)

What you need:

- ◆ 1 (6-ounce) package of frozen broccoli
- ◆ 1 small microwave-safe jar of fat-free or reduced-fat cheddar cheese or nacho cheese

Supplies:

- ◆ Microwave
- ◆ Medium-size pot filled $\frac{3}{4}$ of the way with water
- ◆ Strainer
- ◆ Oven mitts
- ◆ Bowl

Directions

1. Cook frozen broccoli in a pot of boiling water until tender, but not too soft.
2. Drain broccoli in strainer.
3. Remove the lid from the jar of cheddar cheese, put it into the microwave, and heat as directed on jar or until the cheese melts.
4. Pour some cheese over the steaming broccoli.

Make Your Own Salad

What you need:

A selection of three or more of any of the following ingredients:

- ◆ Torn Romaine lettuce, baby spinach, or other dark-green leaf lettuce
- ◆ Shredded carrots
- ◆ Halved or quartered mushrooms
- ◆ Tomato wedges or cherry or grape tomatoes
- ◆ Shredded fat-free or reduced-fat cheddar, mozzarella, or Swiss cheese
- ◆ Sliced pitted olives
- ◆ Walnut pieces
- ◆ Sunflower seeds
- ◆ Raisins or dried cranberries
- ◆ Seedless red or green grapes
- ◆ 6-ounce can of water-packed tuna, chicken, salmon or ham, drained and flaked
- ◆ Strips of sliced lunch meats
- ◆ Mandarin orange segments
- ◆ Pineapple chunks
- ◆ Chopped apple or pear
- ◆ Bottled salad dressing (many salad dressings are high in fat and calories; use a small amount of regular dressing or substitute a low-fat or fat-free dressing)

Supplies:

- ◆ Bowl
- ◆ Salad fork/spoon
- ◆ Can opener
- ◆ Knife

Directions

1. Wash all of the vegetables before you make the salad.
2. Combine three or more ingredients in a bowl and mix together to make a yummy salad.
3. Drizzle salad dressing on top.

SNACK BREAK OPTIONS

Patriotic Calcium Parfaits (makes 2 servings)

What you need:

- ◆ ½ cup strawberries (fresh or frozen)
- ◆ ½ cup blueberries (fresh or frozen)
- ◆ ½ cup fat-free or low-fat vanilla yogurt
- ◆ ¼ cup sliced or slivered almonds

Supplies:

- ◆ Clear cups or drinking glasses
- ◆ Spoons
- ◆ Measuring cup
- ◆ Knife

Directions

1. Wash the fruit. Remove the stems and slice the strawberries.
2. Fill the bottoms of two drinking glasses with 2 spoonfuls of strawberries each.
3. Add 2 spoonfuls of yogurt to each glass.
4. Add 2 spoonfuls of blueberries to each glass.
5. Add 2 spoonfuls of sliced or slivered almonds.
6. Repeat layers as desired.

Fluffy Fruit Salad (makes 6 servings)

What you need:

- ◆ 1 cup fruit-flavored fat-free or low-fat yogurt
- ◆ 1 cup fat-free or low-fat whipped topping
- ◆ 15-ounce can mandarin oranges, drained
- ◆ 5.5-ounce can pineapple tidbits, drained
- ◆ 1 cup red or green grapes, quartered

Supplies:

- ◆ Large mixing bowl
- ◆ Bowls or plastic cups
- ◆ Measuring cup
- ◆ Can opener
- ◆ Knife

Directions

1. Combine all ingredients in large mixing bowl in the order listed above and stir until well coated.
2. Serve in small bowls or plastic cups.

Crunchy Banana Boats (makes 2 servings)

What you need:

- ◆ 1 medium banana
- ◆ 2 tablespoons fruit-flavored low-fat or reduced-fat cream cheese or Neufchatel cheese (bring to room temperature for easy spreading)
- ◆ 2 tablespoons low-fat granola

Supplies:

- ◆ Plate
- ◆ Knife
- ◆ Measuring spoons

Directions

1. Slice the banana in half lengthwise.
2. Place the banana halves on a plate with the flat sides up. Spread one of the halves with cream cheese.
3. Top the cream cheese with low-fat granola.
4. Place the other banana half on top of the granola-covered banana slice to make a banana boat sandwich. Cut boat in half crosswise.

Snack Mix (makes 3 servings)

What you need:

- ◆ 1 cup unsalted pretzels
- ◆ ½ cup small, whole-wheat flake or nugget cereal
- ◆ ¼ cup unsalted almonds
- ◆ ¼ cup raisins

Supplies:

- ◆ Large bowl
- ◆ Measuring cup
- ◆ Sealable, sandwich-size plastic bags

Directions

1. Place ingredients into the large bowl in the order listed above.
2. Stir or toss the ingredients together.
3. Pour the snack mix into three sealable, sandwich-size plastic bags.

SNACK BREAK OPTIONS

Chocolate Mint Shake (makes 1 serving)

What you need:

- ◆ 1 ½ cups fat-free or low-fat chocolate milk, or chocolate soy beverage
- ◆ ⅛ teaspoon peppermint extract

Supplies:

- ◆ Small plastic cup
- ◆ Measuring cup
- ◆ Measuring spoons
- ◆ Plastic wrap
- ◆ Blender
- ◆ Measuring spoon
- ◆ Tall glass

Directions

1. Pour $\frac{3}{4}$ cup of the milk or soy beverage into a plastic cup. Cover the cup with plastic wrap. Place it in the freezer overnight, or until it is frozen.
2. Remove the cup from the freezer and let it thaw for 15 minutes, or just until you can remove the chocolate “ice cube” from the cup.
3. Drop the “ice cube” and the remaining $\frac{3}{4}$ cup of beverage into a blender.
4. Add the peppermint extract.
5. Cover tightly with the blender lid and blend until smooth.
6. Pour into a tall glass.

Enjoy!

